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A

DISSERTATION

ON THE

USE AND ABUSE OF TOBACCO.

BY

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BOTANIC CLASSIFICATION.

TOBACCO, an herb called in the Linnæan system *Nicotiana*, is a genus of the Monogynia order, belonging to the Pentandria class of plants.

Botanists now reckon thirteen species of this herb; but I shall at present mention only the two principal ones, and their varieties, viz., 1. *Nicotiana Tabacum*, α . *latifolium*, β . *angustifolium*, the large broad-leaved Tobacco, and the narrow large-leaved Tobacco. 2. The *Nicotiana rustica*, or small obtuse-leaved Tobacco. The first species comes chiefly from Virginia; and the second is found principally in Mexico: but it is the first species that is in common use.

Tobacco is a fine tall herbaceous plant; grows erect, with fine foliage, and rises with a strong stem from six to nine feet high. The stalk near the root of a well grown plant, is upwards of an inch in diameter, and surrounded with a kind of hairy or velvet clammy substance of a yellowish green colour. The leaves are of a deeper green than the stalk, and grow alternately two or three inches from each other. They are oblong, spear-shaped oval, and simple; the largest about twenty inches long, but decreasing in size as they ascend, till they are only ten inches long, and about five broad. The face of the leaves is much wrinkled, like spinage when full ripe. The leaves, which are at first green and smooth, when they increase in size become rough, and are of a yellowish cast. The stem and branches are terminated by large panicles of acute flowers of a delicate red. The seeds, which are kidney-shaped, and very small, are enclosed in capsules, each of which contains about 1000 seeds; the whole plant yielding on an average about 350,000 of these seeds. This herb delights in a warm rich soil, inclining to sandy. The seeds should be sown in the middle of April, or sooner, when the weather is fine. If the legislature pleased, this plant could be successfully cultivated in several parts of Great Britain.

Any farther description would be foreign to my design.

HISTORY AND NAME.

It is reported that the Spaniards first discovered this herb, about the year 1560, in a small island called Tabaca, in the bay of Panama in the South Seas; from which place it got the name of Tobacco. Others, with more probability, say, that the Spaniards found it about the year 1530, in Tabaca, a province of Yucatan in New Spain. There is little doubt that it was known long before in the East Indies, and at Brazil and Florida.* The Ameri-

* Mr. Savary asserts, that tobacco has been known among the Persians for upwards of 400 years: and supposes that they received it from Egypt, and not from the East Indies, where it has been cultivated only since the commencement of the seventeenth century. *Dictionnaire Universel de Commerce*, à Genève, 1742.

cans of the Continent call it *Petum*; those of the islands *Yoli*. Mr. Pourchot, in his philosophy, says, "The Portuguese brought tobacco into Europe from Tobago, an island in North America:" but in this he is mistaken; for the island of Tobago was never under the Portuguese dominion. Tobacco seems rather to have given its name to that island. The inhabitants of Hispaniola call tobacco *cohiba*, and the instrument by which they smoke it, *Tabaco*. It is probable that from this alone, the herb in question derived its present name. "Tabakides is a village in Greece, so called because the pipes used in smoking tobacco were manufactured there." Martiniere, Dict., Art. *Tabaco*.

Its botanic name, *Nicotiana*, it received from Mr. John Nicot, ambassador from Francis II. at the court of Portugal; who in 1560 coming to the knowledge of it by means of a Flemish merchant, presented some of it to the Grand Prior, on his arrival at Lisbon; and afterwards, on his return to France, gave some to Queen Catharine de Medicis. From these circumstances it has been denominated the Grand Prior's Herb, and the Queen's Herb. But Andrew Thevet of Angouleme, Almoner to Queen Catharine de Medicis, disputes this honour with Mr. Nicot, and it appears probable, that this gentleman brought it first into France, at his return from Brazil in 1556.

Cardinal Santa Croce, Nuncio of Pope Pius IV. in Portugal, on his return introduced the use of it into Italy; from whom it was denominated *Herba sanctæ crueis*, or Holy cross herb. It is generally supposed that Sir Walter Raleigh first brought tobacco to England, in 1585, and taught his countrymen how to use it. But this report, which has passed long for fact, will be found on examination incorrect. Mr. Valmont de Bomare, Director of the Cabinets of Natural History, Medicine, &c., to the Prince of Condé, positively asserts, that Sir Francis Drake brought it first to Great Britain from Virginia.

Camden, whose veracity is indisputable, and whose authority in matters of this nature is decisive, gives the honour of its introduction among the British to a Mr. Ralph Lane. As this part of its history is but little known, the reader will not be displeased to find the whole here in detail.

In March 1584, Sir Walter Raleigh, having obtained a patent from Queen Elizabeth, empowering him to possess whatever countries he might discover in North America, fitted out two ships at his own expense, and sailed for the continent in the month of April. They returned to England in September, after having taken possession of a large fertile country, then named Windangocoa, but afterwards, in honour of the Virgin Queen, Elizabeth, called Virginia. In the spring of 1585, Sir Walter sent out a fleet of seven ships to the lately discovered country, commanded by his relation, Sir Richard Grenville, who, arriving safely, left a colony of 108 men under the command of Mr. Ralph Lane, at Roanock. In the course of this year, the queen having declared war against Spain, sent Sir Francis Drake with twenty-one ships, and many land forces under the command of General Carlisle, against the Spanish

settlements in America, &c. After having taken possession of St. Domingo, Carthagena, and some towns on the coast of Florida, they sailed for Virginia, where they arrived in August 1586, and found Mr. Lane and the remains of his colony in great distress. Lane had passed the winter here; but several of his men had been surprised and cut off by the Indians; and the whole reduced to the utmost state of misery through lack of provisions. Drake wishing them to prosecute their discoveries on the continent, offered Mr. Lane one or two ships, with provisions, and some men to assist him. The offer was accepted; but whilst they were shifting the provisions, &c. on board these vessels, an extraordinary storm carried them away, and dispersed the whole fleet. Lane and his companions thus finding the hope of subsistence cut off; and not expecting any succour speedily from England, entreated Sir Francis to carry them home: to which he readily agreed. These all embarking on board of Drake's vessel, brought with them the famous plant in question to Great Britain.* Thus ended, for the present, an expedition which had promised much in the beginning, and which some, perhaps, will think performed a great deal, when they understand that the introduction of tobacco to these highly favoured isles was the fortunate result!

Camden's account of its introduction being so much to my purpose, I shall give it in a literal translation of his own words.

"And these men (Mr. Lane and his companions) thus brought back, were the first that I know of, who brought into England that Indian plant which they call *Tabacca* and *Nicotia*; and which, as taught by the Indians, they used against crudities.

"Certainly from that time it was highly prized, and the use of it became very common; for many persons every where, some through wantonness (*lascivientes*), and others for the sake of health, with inexpressible greediness, sucked in, through an earthen pipe, its excessively stinking smoke (*grave-olentem illius fumum*), which they afterwards blew out through their nostrils; insomuch that tobacco-shops are not less frequent in towns than ale-houses and taverns.

"In consequence of this use of it, the bodies of Englishmen (as one wittily said) who are so highly delighted with this plant, seem to have degenerated into the nature of barbarians, seeing they are delighted with the same thing which the barbarians use; and think they can be cured by it."†

In the above extract the reader will perceive the opinion which Mr. Camden formed of the tobacco-consumers of his day; and will also observe, how much the mode of smoking in the nineteenth century differs from that of the sixteenth.

On this interesting article I have endeavoured to throw all the light I could; because it may be considered a matter of some importance to have this point fairly determined, that the inhabitants

* See Camden's *Annals*, under the above years. Also the *History of Virginia*, by R. B. Gent. 8vo, pp. 6, 6. Lond. 1722. *Encyclop. Brit.* article *Raleigh*: and *Bomare*, *Dictionnaire raisonné*, &c.

† *Vide* *Camd. Annales Rer. Anglicar.* p. 415. Edit. Elzev. 1625.

of Great Britain may know to whom they are indebted for so valuable a gift; and their benefactor receive the honours due to his name! But if what I have written do not satisfy, I must confess, I have no farther light into the history of "other times," to determine the point, and therefore willingly refer the farther elucidation of the subject to the chronologists and antiquaries.

The vegetable kingdom has probably never produced an article termed medicinal, the use of which has been so rapidly and universally extended. Sir Robert Harcourt says, "In 1610 the tobacco that was imported into this country amounted to about 60,000 pounds sterling," and adds, "I dare presume to say, and hope to prove within a few months, that this commodity only, so much sought after and desired, will bring as great a profit to the undertakers as ever the Spaniards gained by the best and richest silver mine in all their Indies." Purchas. Vol. iv., p. 1277. Though this was spoken more than 200 years ago, the following short statement will show how correct the conjecture of this Traveller was: In 1750, the English, says Mr. De Bomarc, imported from Maryland and Virginia upwards of 100,000 hogsheads of tobacco; nearly one half of which was consumed by themselves, and most of the remaining part exported to France; from which the British Government drew an annual revenue of 9,200,000 French livres, about £383,333 : 6 : 8 sterling.* Hence it appears that the grave inhabitants of Great Britain, have greatly exceeded the frivolous French in the use of this elegant and entertaining weed. In 1796, tobacco imported into this kingdom amounted to 23,608,775 pounds weight. Of this 11,490,446 pounds were de-

* Since the American war the culture of this herb has decreased considerably in Virginia, the proprietors of the land finding it more profitable to devote the ground to the production of corn. The French Encyclopedists give the following reasons for it: "the culture of tobacco impoverishes the land, it reduces both men and animals to a miserable state of subsistence—it is very perplexing and laborious—in a word, it has every kind of inconvenience connected with it."—Encyclop. Methodique, Economie polit., tom. iv. pp. 651, 652.

It is to be hoped that the culture of this pernicious herb will soon give way to something more advantageous to mankind. The American farmers begin to turn their attention to subjects more certain in their growth, and more productive to the husbandman. Mr. J. B. Bordley, in his "Essays on Husbandry and Rural Affairs," lately printed at Philadelphia, writes thus: If the ground be good and well prepared, no crop is more certain than hemp, sown in time, and when the soil is moist. But how uncertain is the tobacco crop! Failure of plants from frost, drought, or fly; want of seasonable weather for planting; destruction by the ground-worm, web-worm, horn-worm; buttoning low for want of rain; curling or frenching, from too much rain; house-burning or finking, while curing, frost before housed; heating, in bulk or in the hogshead; inspection, cutting, &c. Cultivating tobacco cleans, but exposes the soil to exhalation and washing away. It shelters the ground only about a month; but hemp shades it from May till about the first of August. A planter gaining twenty hogsheads of tobacco from twenty acres of ground, value 800 dollars, might expect 12,000 or 16,000 lbs. of hemp from the same ground, value 1000 or 1200 dollars. But if the income from the hemp should be a fourth less than from the tobacco-crop, yet I would, on several accounts, prefer the culture of hemp."

livered out for home consumption, the duty for which, paid to government, amounted to £287,252 : 11 : 0 sterling! In 1798, seventy ships, laden with tobacco, came into the port of London, whose cargo amounted to forty millions of pounds weight!

When such an amazing consumption of this article, in only two kingdoms, is considered, it will not appear surprising that a plant, which was formerly only a wild production of North or South America, should have been so extensively cultivated; seeing not only the inhabitants of Great Britain and France, but of Europe in general, have acquired the extravagant habit of using such prodigious quantities of it, either in the form of powder, as a sternutatory; by the pipe, in the way of fumigation; or in twist, as a mastieatory. And this habit, strange to tell, notwithstanding its shocking indelicacy and nastiness, continues to enslave, in the most disgraceful manner, the higher, lower, and middle ranks of life. The church and the state have conjoined to sanctify and legalize the use of it, from the time of the Grand Prior, on the one part, and Queen Catharine de Medicis, on the other, to the present day.

MEDICAL PROPERTIES, *real and supposed.*

Certainly some uncommon benefits must result from the use of this herb, otherwise it could not, one would suppose, be continued in defiance of every sentiment of cleanliness and delicacy. It appears that vegetables of the most foetid smell, and unsavoury taste, were considered by the ancients as corroborants and restoratives. The poet Virgil introduces a countrywoman named Thestylis pounding garlic and some other matters, which he properly terms *herbas olentes*, ill-scented herbs, for the comfort and support of the reapers, whose strength was exhausted by intense labour and heat.* But this was probably done by way of charm (surely not for food as Juvenus and some others imagine), the name of the good woman suggests this idea. Thestylis is the name of a witch's servant in Theocritus, who, well-acquainted with the divine virtues of herbs, helped her mistress to prepare philtres, or love potions, from them.† To her Virgil seems to refer; for it is well known how constantly his eye is kept on the pastorals of the Greek poet, while writing his own. Now, it is a fact, that divine virtues and miraculous powers have been attributed to this highly-favoured vegetable by its consumers: who in seed-time and harvest, winter and summer, provide for the gratification of their senses by an herb, which yields nothing, either in taste or smell, to the most foetid in the witch's collection.

* *Thestylis et rapido fessis messoribus æstu*
Allia, Serpyllumque, herbas contundit olentes.

Ecl. ii., ver. 10.

And Thestylis bruises ill-scented herbs, garlic and wild thyme, for the reapers exhausted by the violence of the heat.

† *Πα μοι ται Δαφναι ; φερε Θεστυλι' πα δε τα φίλτρα.*

Idyll. ii., ver. 1.

Where are my laurels, and my philtres where?

Quick, bring them, Thestylis—the charm prepare.

FAWKES.

The Mexicans used an ointment made of tobacco in their diabolical devotions and incantations, as a most powerful charm; and the Caraihs were accustomed to blow the smoke of it through a long cane on each other in order to inspire them with valour. In performing this act they added words to this effect: "Receive the spirit of fortitude whereby you may overcome all your enemies." See Purchas. Vol. III., p. 1043, and Vol. IV., p. 1338.

But, to find out its extraordinary medicinal qualities, we must hear what report, prejudice, and superstition, say on the one hand; and what common sense and matter of fact say on the other.

On its first appearance it got into such repute as to be esteemed an universal medicine. A book, attributed to Dr. Everard, was published in 1659, 18mo, entitled, *Panacea, or the Universal Medicine*; being a discovery of the wonderful virtues of Tobacco taken in a pipe; with its operation and use both in Physic and Chirurgery. The book, however, is at variance with itself; for, in the first part, tobacco is shown to be dangerous and good for nothing; while in the second it is represented as a specific for every disorder both of man and beast!

The most concise and, to some, satisfactory view of the medicinal excellencies of this herb,* is to be found in some verses of Castor Duranti, inserted by Mr. Bayle in his Dictionary, under the article *Santa Croce*; which, for the ample satisfaction of the tobacco-consumers, I will here set down in the original, with the faithful though not very elegant translation of Mr. Des Maizeaux, F.R.S.

Nomine quæ sanctæ crucis herba vocatur, ocellis
Subvenit, et sanat plagas, et vulnera jungit,
Discutit et strumas, cancrum, cancrosaque sanat
Ulcera, et ambustis prodest, scabiemque repellit;
Discutit et morbum cui cessit ab impete nomen,
Calefacit, et siccatur, stringit, mundatque, resolvit,
Et dentum et ventris mulcet capitisque dolores;
Subvenit antiquæ tussi, stomachoque rigenti,
Renibus et spleni confert, utroque, venena
Dira sagittarum domat, ictibus omnibus atris
Hæc eadem prodest: gingivis proficit atque
Conciliat somnum: nuda ossaque carne revestit;
Thoracis vitiis prodest, pulmonis itemque,
Quæ duo sic præstat, non ulla potentior herba.
Hanc Sancta crucis Prosper quum nuncius esset,
Sedis Apostolicæ Lusitanas missus in oras
Huc adportavit Romanæ ad commoda gentis,
Ut proavi sanctæ lignum crucis ante tulere
Omnis Christiadam quo nunc respublica gaudet,
Et Sanctæ Crucis illustris domus ipsa vocatur
Corporis atque animæ nostræ studiosa salutis.

"The herb which borrows Santa Croce's name,
Sore eyes relieves, and healeth wounds; the same
Discusses the king's evil, and removes
Cancers and boils; a remedy it proves

* The Latin poem on this subject, *Hymnus Tabaci*, written by a physician called Raphael Thorius, in the reign of James I., and the English translation of it by the Rev. W. Bewick, London, 1725, are of equal merit, and scarcely deserve to be mentioned.

For burns and scalds, repels the nauseous itch,
 And straight recovers from convulsion fits.
 It cleanses, dries, binds up, and maketh warm :
 The headache, toothache, colic, like a charm,
 It easeth soon ; an ancient cough relieves ;
 And to the reins, and milt, and stomach gives
 Quick riddance from the pains which each endures :
 Next the dire wounds of poisoned arrows cures ;
 All bruises heals, and when the gums are sore,
 It makes them sound and healthy as before.
 Sleep it procures, our anxious sorrow lays,
 And with new flesh the naked bone arrays.
 No herb hath greater power to rectify
 All the disorders in the breast that lie,
 Or in the lungs. Herb of immortal fame !
 Which hither first by Santa Croce came
 When he (his time of Nunciature expired)
 Back from the court of Portugal retired ;
 Even as his predecessors great and good,
 Brought home the cross, whose consecrated wood
 All Christendom now with its presence blesses ;
 And still th' illustrious family possesses
 The name of Santa Croce,* rightly given,
 Since they, in all respects resembling heaven,
 Procure as much as mortal men can do,
 The welfare of our souls and bodies too."

To this high-strained pauegyrie nothing need be added, as all that was formerly attributed to the wood of the true cross, in behalf of the soul, is here attributed to tobacco in behalf of the body. The spiritual and medical virtues of both, in their common mode of application, will doubtless be thought by some pretty nearly equal.

On this part of the subject candour demands that I should mention what is said in behalf of a proper use of tobacco, by the most eminent of the modern physieians.

The editors of the Edinburgh Dispensatory observe, that, "Of late, tobacco under the form of a vinous or watery infusion, given in small quantities, so as to produce little effect by its action on the stomach, has been found a very useful and powerful diuretic. Dr. Fowler has published several cases of dropsy and dysury, in which its employment has been attended with the best effects: and this has been confirmed by the practice of others. Beaten into a mash with vinegar or brandy, it has sometimes proved serviceable for removing hard tumours of the hypochondres. Two cases of cure by this means are published in the Edinburgh Essays. Injections by the anus of the smoke or decoction, have been of advantage in cases of obstinate constipation, threatening ileus; of incarcerated hernia, of spasmodic asthma, and of persons apparently dead from drowning or other sudden causes." If any of the tobacco-consumers choose to make use of it (*secundum artem*) in any of the above cases, they have my full consent.

That Dr. F. has used it successfully in several cases of dropsy and dysury, I rejoice to be able to state; and through the hands of

* I believe the family of the Santa Croce (i. e. Holy Cross) were thus denominated from one of their ancestors, who brought the wood of the true cross into Italy—ut fama—.

such an able physician all the good that is in it may be fully communicated. In such hands alone, could I trust the use of it as a medicine. But let the persons who produce Dr. Fowler's successful experiments remember, that not one of the cures he mentions was wrought by the pipe, the quid, or the snuff-box. The forms in which Dr. Fowler ordered it, were either infusion, tincture, or pills.

To make the infusion, he took one ounce of tobacco-leaves dried; boiling water, one pound. This he kept for an hour close covered in a warm place, then strained off 14 ounces, and added 2 ounces of rectified spirits of wine. Of this he ventured to give to adults, from 60 to an 100 drops twice a day: in irritable habits he seldom exceeded 25 drops: to a patient of 15 years old he gave 45 drops; to one of 10, 30 drops; to a child of 5 years old he gave 15 drops; but seldom ventured to prescribe it to patients under 5 years of age.

The tincture he prepared as follows: dried tobacco-leaves, one ounce; of rectified spirits, Spanish white wine, or vinegar, one pint; to be infused for four days. This he seems to have administered in nearly the same proportions as the infusion. This infusion is powerfully diuretic, and has been used with excellent effect in cases of dropsy.

The pills he prepared thus: dried tobacco-leaves in powder, and conserve of roses, one drachm each; mucilage of gum arabic, enough to make it into a mass. This he divided into sixty pills.

Dr. Fowler exhibited the infusion in seventy-nine dropsical cases; twenty-eight of which were cured, thirty-two relieved, and nineteen not relieved. From the facts and operations which he has produced, he thinks he is authorized to draw the following conclusions:—

1. That the infusion of tobacco is generally diuretic, frequently anodyne, and sometimes laxative.

2. That it is an efficacious medicine in dropsical cases, its success for the most part strikingly corresponding with its diuretic effect.

3. That, in general, it is of great service in dysuries (or cases of pain and difficulty in passing urine,) by relieving the pain, and promoting a flow of urine; which is sometimes attended with a discharge of gritty matter.*

The caution of this celebrated physician, in using this formidable medicine, is worthy of remark. How small are his doses, in comparison of the immense quantities taken every day by foolish idle people! Let those who urge medical necessity for the use of this herb, use it in the same way, and in the same proportions as directed above; and instead of being, what it has long been, a curse to multitudes, it will be a blessing to many. Most cordially therefore I recommend the use of the infusion or tincture in cases of dropsy and dysury, in which it has often been employed, with the best effects.

It has been supposed to be eminently serviceable in cases of famine and extreme scarcity of food: I cannot doubt the following fact which I give in the words of one of the sufferers. The ship's crew of the *Oliph Blossom*, Capt. Nicholas St. John, endured great

* Fowler on the Effects of Tobacco, p. 92, edit. 2.

hardships in Santa Lucia, in 1605. "For fifteen days," says Mr. John Nichol, we had no kind of meat but wilks (small shell fish), salt water and tobacco: this last did nothing at all to nourish us, yet nevertheless it took away the desire of hunger, and saved us from eating one another." Purchas, Vol. IV., p. 1258. Its strong narcotic power, which must greatly lessen the action of the fibrous coats of the stomach, will readily account for this effect. Opium will act in the same way. The same writer observes that five of their men who could not chew the tobacco died; this I can as readily credit for the same reason.

MEDICAL TESTIMONIES AGAINST THE COMMON USE OF TOBACCO.

Dr. Strother observes,* "Smoking is become an universal practice, and is used more as an amusement, or an assistant for guzzling, than for any good expected from it. However, I cannot deny how beneficial smoking is to persons subject to defluxions on the lungs; it is a strong and constant revulsion; and I have known phlegmatic coughs and hoarseness taken off by it, where other remedies failed (and I have known it tried in the above cases without the smallest good effect); but then," continues the Doctor, "are healthy persons to be pinned down to rules, which are only to be followed by some few, subject to breed too much phlegm? Nor should these very persons tamper with tobacco in summer, which is a season that dries our humours. In short, the healthy, and they who are of a warm constitution, should avoid it; because the first perform their functions well, and the latter would be more heated thereby."

Dr. Maynwaring, in his Treatise on the Scurvy, has written largely against the use of this herb. He asserts in the most positive manner, that it is a grand procuring cause of scorbutic complaints; and that the scurvy has abounded much more in these nations since the introduction of tobacco, than it had ever done before. See his treatise, p. 70.

On this subject old Mr. Salmon, a man in practical medicine wise beyond his day, speaks as follows: "The powder of the leaf is used as a sternutatory to cleanse the head and brain, and may be profitable being used physically; but the ordinary and constant use of it for snush, is of very evil consequences, and induces apoplexies: For drawing away the thin matter by itself, through the continual use thereof, the thick is left behind, where increasing and being too thick to pass through the os ethmoides, or sieve-like bone, the cavity at length is filled therewith, where obstructing the animal spirits near their centre, an apoplexy is infallibly induced:† and I am confident more people have died of apoplexies in one year since the use of this snush, than have died of that disease in an hundred before the use thereof; and most, if not all, who I have observed to die of late of that disease, were such as were extreme and constant snush-takers."‡

"The great virtues of a pipe taken in the morning fasting, are,"

* Essay on Sickness and Health, p. 408.

† Whilst the reader doubts of Mr. Salmon's theory, he may credit his facts

‡ Salmon's Druggist's Shop, p. 111. London, 1693.

says Mr. Jones, extolled by many; 'because,' say they, 'it pumps up a quantity of cold phlegm from the stomach.' Not to insist, that nothing can be taken out of the stomach but by vomiting; let it be observed, that the substance which is forcibly hawked up by many who have acquired this most disgusting habit, is the mucus secreted by the tonsils to lubricate and defend the œsophagus; together with the saliva which is secreted by the sublingual, parotid, and sub-maxillary glands.*" And this mucus and saliva are not less requisite in their respective places, than the blood itself; as they are not only absolutely necessary for the defence of the parts already mentioned, but also for the important purpose of digestion; which, if not properly promoted, and carried on, the body cannot long continue in a healthy state. Every medical man knows well, that the saliva, which is so copiously drained off by the infamous quid, and the scandalous pipe, is the first and greatest agent which nature employs in digesting the food. See Tissot on Palsy, &c. p. 123.

But is the elegant snuff-box as dangerous as the pipe and the quid? Let us hear evidence. "The least evil," says Mr. De Bomare, "which you can expect it to produce, is to dry up the brain, emaciate the body, enfeeble the memory, and destroy, if not entirely, yet in a large measure, the delicate sense of smelling." This has been noticed and deplored in the case of many eminent men who have addicted themselves to this destructive practice.

"Common snuff," says a sensible medical practitioner (whose opinion on the subject lies now before me), "in habitual snuff-takers, has been found to penetrate into the sinuses † communicating with the nose, and into the Antrum Highmorianum, ‡ where it has formed horrid abscesses: it is often carried down into the stomach, and by the use of it, the skin is tinged of a pale brown colour. ||" This is sufficiently evident in all snuff-takers. The most delicate females have their complexion entirely ruined by it. Strange! that the snuff-box should be deemed too great a sacrifice for that, for which most people are ready to sacrifice every thing beside! Many cases have been observed where the appetite has been almost destroyed, and a consumption brought on by the immoderate use of this powder.

I heartily wish the corporation of surgeons and anatomists in general would procure as many bodies of habitual smokers and snuff-takers as possible, that, being dissected, we might know how far that ever-to-be-dreaded evil prevails, which J. Borghi, in a letter to Bartholine, says, happened to the brain of an immoderate smoker, which, on dissection, was found dried and shrivelled up by his excessive use of the pipe? See Chambers' Cyclopædia, Dr. Rees's edition, article Tobaceo.

In one of the German literary journals, several cases are mentioned of vertigo, blindness, and paralysis, occasioned by the immoderate use of this herb.

* See Jones's Medical Vulgar Errors refuted p. 91. London, 1797.

† Sinus, in anatomy, denotes a cavity in certain bones and other places, the entrance whereof is very narrow, and the bottom wider and more spacious.

‡ Antrum Highmorianum, a cavity within the upper jaw-bone.

|| Jones's Medical Vulgar Errors refuted, p. 90.

The use of it as an emetic, for which some have pleaded, is extremely dangerous, as it has often occasioned almost intolerable cardialgie anxieties, violent vomitings, and stupidity.

Mr. Bomare informs us, that "it has been employed as a remedy in lethargic swoonings; and the patient has been restored to sensibility, only to be racked by a more dreadful disorder. Convulsions, accompanied with vomitings, cold sweats, and a feeble and intermitting pulse, with other dreadful symptoms, have been the consequence of its use in the above cases. If it be so dangerous, when employed as a remedy in soporific affections, what evil may not be expected from it when used constantly, immoderately, and without any corrective?"

Under the article *Torpor Pancreatis*, Dr. Darwin observes: "I saw what I conjectured to be a tumour of the Pancreas, with indigestion, and which terminated in the death of the patient. He had been for many years a great consumer of tobacco; insomuch that he chewed the noxious drug all the morning, and smoked it all the afternoon. As the secretion from the Pancreas resembles saliva in its general appearance, and probably in its office of assisting digestion, by preventing the fermentation of the aliment, there is reason to suspect that a sympathy may exist between the salivary and pancreatic glands; and that the perpetual stimulus of the former by tobacco might, in process of time, injure the latter." *ZOOLOGIA*, vol. ii. p. 80, 4th edition.

"The unwise custom of chewing and smoking tobacco for many hours in the day, not only injures the salivary glands, producing dryness in the mouth when this drug is not used, but I suspect that it also produces scirrhus of the Pancreas. The use of tobacco in this immoderate degree injures the power of digestion, by occasioning the patient to spit out that saliva which he ought to swallow; and hence produces that flatulency which the vulgar unfortunately take it to prevent." *Ibid.* p. 701.

That it is unfriendly to animal life may be variously proved. A poultice of it laid to the pit of the stomach proves dreadfully emetic in a short time. The following case I think awful, and insert here as a warning to those whom it may concern. A physician of my acquaintance was sent for to see a girl of about seven years of age, grievously tormented with spasms in her stomach, and incessant vomitings. Various means were used to relieve her, but without success; nor could the cause of the complaint be found out for a considerable time (the child, till her sudden seizure with the vomitings, had been in perfect health). At last the smell arising from the breath and head of the child led to a detection of the cause. The girl had, what is termed by some, a sore or broken-out head; to cure and cleanse it, her mother had that day made an ointment of butter and snuff, and applied it to the place. This was found to be the sole cause of those violent retchings, which had nearly put a period to the child's life!

A person of my acquaintance, who had been an immoderate snuff-taker for upwards of forty years, was frequently afflicted with a sudden suppression of breathing, occasioned by a paralytic state of

the muscles which serve for respiration : these affections grew more and more alarming, and seriously threatened her life. The only relief she got in such cases was from a cup of cold water poured down her throat. This became so necessary to her, that she could never venture to attend even a place of public worship without having a small vessel of water with her, and a friend at hand to administer it! At last she left off snuff; the muscles re-acquired their proper tone, and, in a short time after, she was entirely cured of a disorder occasioned solely by her attachment to the snuff-box, and to which she had nearly fallen a victim.

The poisonous nature of the oil of this plant has been observed by several, and particularly by Fontana, in the following experiments, who ranks this herb with the vegetable poisons. 1. "I made (says he) a small incision in a pigeon's leg, and applied to it the oil of tobacco. In two minutes it lost the use of its foot. 2. I repeated this experiment on another pigeon, and the event was exactly the same. 3. I made a small wound in the pectoral muscles of a pigeon, and applied the oil to it; in three minutes the animal could no longer support itself on its left foot. 4. This experiment repeated on another pigeon ended the same way. 5. I introduced into the pectoral muscles of a pigeon a small bit of wood covered with this oil; the pigeon in a few seconds fell insensible. 6. Two other pigeons to whose muscles I applied this oil vomited several times all that they had eaten. 7. Two others with empty stomachs, treated as above, made all possible efforts to vomit." Fontana observes that vomiting was the most constant effect of this oil.* Various other experiments prove, that an application of this herb, in almost any form, will produce this effect. Chemists observe that tobacco leaves, distilled in a retort, without addition, yield an aerid empyreumatic poisonous oil. Kæmpfer also ranks it with the strong vegetable poisons. *Amœnitat. Exot.* p. 640.

Nor need we wonder at the above, when it is known that a single drop of the chemical oil of tobacco, being put on the tongue of a cat, produced violent convulsions, and killed her in the space of one minute. A thread dipped in the same oil, and drawn through a wound made by a needle in an animal, killed it in the space of seven minutes.† Indeed the strong caustic oil and aerid salt which are contained in it, must produce evil effects beyond calculation.

These facts, which are well authenticated, may suffice; and taken into connection with that word which says, "Thou shalt do no murder," should deter every person who wishes well to his body and his soul from the (at least immoderate) use of this herb.

That it is sinful to use it as most do, I have no doubt; if destroying the constitution, and vilely squandering away the time and money which God has given for other purposes, may be termed sinful.

Many persons I have known, who were scarcely able to procure the necessaries of life, and yet by sacrificing health and decency, have made a shift to procure the daily *quantum sufficit* of tobacco. I have observed some whole families, and very poor ones too, who

* Fontana on Poisons, vol. ii., edit. 1795.

† Jones's Medical Errors refuted, p. 90.

have used tobacco in all possible ways, and some of them for more than half a century. Now, supposing the whole family, consisting of four, five, or six, to have used but 1s. 6d. worth in a week, then in the mere article of tobacco, nearly £200 sterling is totally and irrecoverably lost, in the course of fifty years! * Were all the expenses attending this business enumerated, probably five times the sum in several cases would not be too large an estimate: especially if strong drink, its general concomitant, neglect of business, and appropriate utensils, be taken into the account.† Can any who profess to call themselves Christians vindicate their conduct in this respect?

A pious clergyman lately told me that he had a number of very poor families in his parish immoderately attached to the use of tobacco. He plainly saw that a large proportion of their daily earnings was destroyed in this way. He warned them in private, and preached in public against it, but few of them had resolution enough to lay it aside.

The expense of one very poor family in snuff and tobacco he calculated, and found it to amount to nearly one-third part of their yearly earnings.

When Mr. William Finch visited Sierra Leona, in 1607, he found that a small tobacco plantation was attached to every house, the produce of which was half their food. "But they acted more rationally than we do, for when they cut the green plant they expressed the juice, which they deemed to be noxious, and then having dried the herb, they smoked it with the greater safety." See Purchas, vol. i., p. 415.

But the loss of time in this shameful work is a serious evil: I have known some who (strange to tell!) have smoked three or four hours in the day, by their own confession: and others who have spent six hours in the same employment! How can such persons answer for this at the bar of God? "But it is prescribed to me by a physician." No man who values his character as a physician will ever prescribe it in this way. Whatever good effects may be attributed even to a moderate use of it, can be produced by medicines of a more cleanly and less dangerous nature. As to snuff, all its good effects, says Mr. de Bomare, may be much better procured by powder of betony, sage, or marjoram. If it be taken as a sternutative, or medicine to cause sneezing, it should be taken very seldom, or it will lose its effect; and if it should not, who, for the sake of redeeming his head from some occasional trifling inconvenience, would consent to have his body thrown into continual convulsions!

* To say nothing of the power of money to increase its value almost beyond credibility by Compound Interest, in which case the above weekly consumption would amount in fifty years to upwards of £800 sterling, and in fifty-four years to upwards of £1000.

† My estimate here may be deemed by some rather exorbitant, but how little is it in comparison of that of our noble King James! "Now, how you are by this custom disabled in your goods, let the gentry of this land bear witness, some of them bestowing three, some four hundred pounds a-year upon this precious stink." — *Counterblast*, p. 10, 1672.

See also Mr. A. du Perron, *Zend-Avesta*, Vol. I., pt. 1, pp. 415–411, for the costliness of smoking apparatus, and for other curious particulars relative to this practice among the Asiatics.

“ But it has done me good.” Perhaps it has ; so has an emetic : but will you infer thence, that the constant use of it is necessary ? If you do, be consistent with yourself, and the very next time you need an emetic, be sure to repeat it every hour as long as you live.

I grant that a person who is brought under the dominion of the pipe or the snuff-box, may feel great uneasiness in attempting to leave it off, and get some medical man, through a false pity or for money, to prescribe the continued use of it ; but this does not vindicate it : and the person who prescribes thus, is not to be trusted ; he is either without principle, or without skill.

“ A mere licentiate without knowledge,
The shame and scandal of the college.”

An eminent physieian, with whose acquaintance and friendship I am honoured, gave me lately the following account:—“ When I was in L——, in the year 1789, a certain religious people, at one of their annual meetings, made a rule, or rather revived one which had been long before made and established among them by their venerable founder, but had been in a great measure lost sight of, viz. : That no minister in their connexion should use snuff or tobacco, unless prescribed by a physieian. This rule showed at once both their prudence and good sense. Towards the conclusion of the meeting, having offered my assistance to as many as stood in need of medical help, several of them consulted me on the subject of taking tobacco in one form or other ; and with very little variation, their mode of address was as follows : ‘ Doetor, I am troubled frequently with such a complaint (naming it.) I take tobacco, and have found great benefit from the use of it. I am sure were I to give it up, I should be very ill indeed ! and I am certain that you are too wise and too skilful a man to desire me to discontinue a practice which has been so beneficial to me.’ After such an address, what could I say ? It was spoken with serious concern, and was properly *argumentum ad hominem* : I knew well they were sincere, but I knew also they were deceived : however to the major part of them I ventured to speak thus : ‘ Gentlemen, you certainly do me honour in the confidence you repose in my skill ; but you have brought me into a dilemma from which I cannot easily extricate myself ; as I find I must either say as you say on the subject, or else renounce all pretensions to wisdom and medical skill. However, I cannot in conscience and honour prescribe to you the continued use of a thing which I know does many of you immense hurt.’ ”

I should be glad to know whether these ministers, after the rule passed at their meeting, and the remonstrance of the physieian, continue to indulge themselves in this disgraceful employment ?

But the religious people mentioned above, are not the only persons who have published edicts against this destructive practice. Amurath IV., Emperor of the Turks, the Czar of Muscovy, and Shah Abbas, King of Persia,* apprehensive of the evils which

* SHAH ABAS the Great, having prohibited the use of it to his subjects on pain of death, the criminals were found in such numbers that the emperor, through motives of humanity, was obliged to reverse the law ; and,

were likely to be occasioned to the constitutions and properties of their subjects, forbade the use of tobacco in their dominions, on pain of death: only the penalty in case of snuff-taking, was to have the nose cut off.* It is well known that James I., King of England, wrote a treatise expressly against smoking, &c., called, *A Counterblast to Tobacco*.†

Simon Paulli, physician to the King of Denmark, has also written a treatise on the danger of using this herb; and observes (which I quote for the sake of those who retain any sentiment of delicacy on this subject), "That the merchants frequently lay it in bog-houses, to the end that, becoming impregnated with the volatile salt of the excrements, it may be rendered brisker, stronger, and more foetid.‡

In 1689, the Corporation of Apothecaries of the city of Clermont, probably supposing that great good might be done to themselves, if not to others, by uniting this plant to the *Materia Medica*, applied to the Court of Excise for permission to cultivate tobacco in their gardens for medical purposes, under the name *Nicotia*. But the court, whether actuated by motives of humanity or commerce, fortunately passed an arret, bearing date, June 28, 1689, "Forbidding the apothecaries of Clermont, or of any other place, to sow any tobacco in their grounds under the name *Nicotia* or any other, on pain of confiscation, and a fine of 1000 livres."|| What a singular mercy was this! Had the use of it become common in medicine, how many thousands must have been its victims ere this time!

to save the lives of thousands from the sword of justice, was graciously pleased to permit it to be sown and used publicly. *Gazophylacium Ling. Persar.* p. 427. But the emperor Jehangeer, in 1617, prohibited the use of it in every part of his dominions, because it was found prejudicial to the health of his subjects. See Gladstone's *Hist. of Jehangeer, Calcutta, 1788*, p. 41. Tobacco had been known but a few years before this in Hindostan.—*Ibid.*

* See *Dictionnaire Universel*, &c. de Bomare, under the article *Nicotiane*. The Turkish emperor prohibited the use of it, from a supposition that it rendered his subjects unfruitful.

† Some time after the British king had condescended to enter the lists with the tobacco-consumers of his day, Mr. Joseph Sylvester wrote a poem, which he dedicated to Villiers, Duke of Buckingham, with the following quaint title: "Tobacco battered and the pipes shattered (about their ears that idly idolize so base and barbarous a weed; or at leastwise overlove so loathsome a vanity), by a volley of holy shot from Mount Helicon." This piece contains some unanswerable arguments against this detestable practice, expressed in a sort of verse equal to most of the poetry of that time. Printed with his translation of *Du Bartas*, fol. London, 1641.

‡ A dealer in this article once acknowledged to me, that he sprinkled his rolls and leaf frequently with stale urine, to keep them moist, and to preserve the flavour! A friend of mine, whose curiosity led him to see tobacco-spinning, observed that the boys who opened out the dry plants had a vessel of urine by them, with which they moistened the leaves, to prepare them for the spinner! Do the tobacco-chewers know this, and yet continue in this most abominable and disgraceful practice? Can any person think of the above *impund*, with a quid in his mouth? [Dr. Clarke was obliged, from the circumstances in which he was placed, to be indebted to others for this information; but what he heard has been seen by the editor of his miscellaneous papers in scores of instances, while preparing for use.—*EDITOR.*]

|| See *Encyclopedie Methodique*, *Finances*, tom. iii., Art. *Tabac*.

The impiety manifested by several in the use of this herb, merits the most cutting reproof. When many of the tobacco-consumers get into trouble, or under any cross or affliction, instead of looking to God for their support, the pipe, the snuff-box, or the twist is applied to with quadruple earnestness; so that four times (I might say in some cases ten times) the usual quantity is consumed on such occasions. What a comfort is this weed in time of sorrow! what a support in time of trouble! In a word, what a god!

Again, the interruption occasioned in places of public worship by the use of the snuff-box, is a matter of serious concern to all those who are not guilty. When the most solemn and important matters relative to God and man, eternal glory and eternal ruin, form the subject of a preacher's discourse, whose very soul is in his work; it is no unusual thing to see the snuff-box taken out, and officiously handed about to half a dozen of persons on the same seat. Would there not be as much propriety in bringing forth and distributing some of the common necessities of life? "But we do not go to the house of God to take our viuals." Neither should you to take physie.

Never did Pope Urban VIII. act more like an apostolic man than when he made a bull to excommunicate all those who took tobacco in the churches.

To the great scandal of religious people, the abominable customs of snuff-taking and chewing have made their way into many congregations; and are likely to be productive of great evil. Churches and chapels are most scandalously abused by the tobacco-chewers who frequent them: and kneeling before the Supreme Being, which is so becoming and necessary when sinners approach their Maker in prayer, is rendered in many seats impracticable, because of the large quantity of tobacco saliva, which is ejected in all directions.

The Indians of South America make extensive offerings of this herb to their gods, and think it the most acceptable present they can make them, in order to insure their protection. Was it from them that these Christians have learned to introduce it into places of public worship? Surely they do not use the snuff-box and the quid as a part of religious ceremony. Some indeed have been so candid as to acknowledge that "though they do not use it as such, yet they take it as a help to their devotion!" * O earth! earth! earth!—"I cannot," says one, "hear to any advantage without it; it quickens my attention, and then I profit most by the sermon." I am inclined to think there is some truth in this; and such persons exactly resemble those who have habituated themselves to frequent doses of opium; who, from the well-known effect of too free a use of this

* I knew one case only, in which the use of snuff seemed to be innocent. A very pious woman of my acquaintance thought herself obliged to have recourse to it sometimes, for a kind of lethargic affection of her head, by which she was often afflicted: but let it be observed, she took it merely as a medicine, and used only one half-penny worth in a month. All such persons I cordially exempt from every censure contained in this pamphlet.

N.B.—Since the first edition of this pamphlet was published, the above person has totally left off the use of this powder, and has not suffered the slightest inconvenience in consequence of the sacrifice she has made.

drug, are in a continual torpor, except for a short time after each dose. Thus they are obliged to have constant recourse to a stimulant, which, in proportion to its use, increases the disease.

I cannot help adding, that I have heard just the same sort of reason given for taking a dram before divine service: "I get into a better spirit for hearing, feel more tenderness of heart, and recollect better what I have heard, when I have taken a little brandy or gin beforehand."

Such persons as these are utterly unfit to appear in the house of God; this conduct sufficiently proves that they are wholly destitute of the spirit of piety, and of a sense of their spiritual wants, when they stand in need of such excitements to help their devotion. He can have no pity for the wretched, who does not lift up his soul in prayer to God in behalf of such miserable people.

But are not many led into this practice of smoking by their pastors? I am sorry to have it to say, that this idle disgraceful custom prevails much at present among ministers of most denominations. Can such persons preach against needless self-indulgence, destruction of time, or waste of money? These men greatly injure their own usefulness: they smoke away their ministerial importance in the families where they occasionally visit: the very children and maid-servants pass their jokes on the piping parson; and should they unluckily succeed in bringing over the uninfected to their vile custom, the evil is doubled. I have known serious misunderstandings produced in certain families where the example of the idle parson has influenced a husband or wife against the consent of the other, to adopt the use of the pipe or the snuff-box.

Some are brought so much under the power of this disgraceful habit, that they must have their pipe immediately before they enter the pulpit! what a preparation for announcing the righteousness of God, and preaching the gospel of our Lord Jesus! Did St. Paul do any thing like this? No, you say, for he had the inspiration of the Holy Spirit. Then you take it to supply the place of this inspiration! How can such persons smile at their own conduct? Be ye followers of us as we are of Christ Jesus, can never proceed out of their mouths. On such characters as these pity would be misplaced; they deserve nothing but contempt.

Should all other arguments fail to produce a reformation in the conduct of tobacco-consumers, there is one which is addressed to good-breeding and benevolence, which, for the sake of politeness and humanity, should prevail. Consider how disagreeable your custom is to those who do not follow it. An atmosphere of tobacco effluvia surrounds you whithersoever you go. Every article about you smells of it; your apartments, your clothes, and even your very breath. Nor is there a smell in nature more disagreeable than that of stale tobacco, arising in warm exhalations from the human body, rendered still more offensive by passing through the pores, and becoming strongly impregnated with that noxious matter which was before insensibly perspired.

Consider what pain your friends may be put to in standing near you, in order to consult you on some important business, or to

be improved by your conversation. Will you oblige them to pay so heavy a tax for the benefit of your advice, when it would have been more honourable to yourself, and comfortable to them, to have had that gratification in a less expensive way? I cannot help saying, that I have often suffered a very painful nausea from the cause above assigned, and—on which I will dilate no farther.

To those who are not yet ineorporated with the fashionable company of tobacco-consumers, I would say, Never enter. To those who are entered, I would say, Desist. First: for the sake of your health, which must be materially injured, if not destroyed by it. Secondly, for the sake of your property, which, if you are a poor man, must be considerably impaired by it. But supposing you can afford this extra expense; consider how acceptable the pence (to go no farther) which you spend in this idle, unnecessary employment, would be to many, who are often destitute of bread; and to whom one penny would sometimes be as an angel of God. Thirdly, For the sake of your time, a large portion of which is irreparably lost, particularly in smoking. Have you any time to dispose of—to murder? Is there no need of prayer, reading, study? Fourthly For the sake of your friends, who cannot fail to be pained in your company, for the reasons before assigned. Fifthly, For the sake of your voice, which a continuance in snuff-taking will infallibly ruin, as the nasal passages are almost entirely obliterated by it. Sixthly, For the sake of your memory that it may be vigorous and retentive; and for the sake of your judgment, that it may be clear and correct to the end. Lastly, For the sake of your soul. Do you not think that God will visit you for your loss of time, waste of money, and needless self-indulgence? Have you not seen that the use of tobacco leads to drunkenness? Do you not know that habitual smokers have the drinking vessel often at hand, and frequently apply to it? Nor is it any wonder, for the great quantity of necessary moisture which is drawn off from the mouth, &c. by these means, must be supplied some other way. You tremble at the thought: well you may, for you are in great danger; may God look upon and save you before it be too late! It was this view of the subject that led Mr. Sylvester to imagine that the plant derived its name from Bacehus, the heathen god of the drunkards:—

“ Which of their weapons hath the conquest got,
Over their wits; the pipe or else the pot?
For even the derivation of the name
Seems to allude to, and include the same:
Tobacco, as τῷ Βακχῷ one would say;
To cup-god Bacehus dicated ay.”

It is with pain of heart that I am obliged to say, I have known

* So inseparable an attendant is drinking on smoking, that in some places the same word expresses both: thus Peêna, in the Bengalee language, signifies to drink and to smoke.

Raphael Thorius, in the poem mentioned, p. 8, very ominously attributes the first discovery and use of this herb, to Bacchus, Silenus, and the Satyrs! (drunkenness, gluttony, and lust) and yet the poem was written in praise of it!

several who, through their immoderate attachment to the pipe, have become mere sots. There are others who are walking unconcernedly in the same dangerous road. I tremble for them. Should this fall into their hands, may they receive it as a warning from God!

"But I take (says one) only a little now and then, in complaisance to others." Then you will soon be as great a slave to it as others are. When it is offered to you in this way, think of the conduct of Omiah, a native of Otaheite, who was brought to London by Captain Furneaux; when a certain lord presented him his golden snuff-box, and invited him to take some; the innocent savage having gained little acquaintance with European refinement, bluntly replied: "I thank you, my Lord; my nose is not hungry."

You say, "I am so long accustomed to it, I cannot leave it off." Alas! alas! your ease is truly deplorable; you are shorn of your strength, and power is now lacking to bring the expostulations of conscience to good effect. However, try; see what God will do for you. I knew a woman in the east of this kingdom, who had taken snuff, and immoderately too, for the space of fifty years. With a person who frequently visited at her house, and who was as fully attached to the snuff-box as herself, she agreed to leave it off; and that the first who took any should forfeit a dozen of wine to the other. In a short time she got uncasy, by and by miserable, and lastly, ran quite distracted. She was then obliged to resume it. Not long after, hearing the preaching of the people called Methodists, she was deeply convinced of sin, and converted to God. From the band rules of that society, she learned "that she could not have a band-ticket till she had left it off." To give it up, she was terribly afraid, remembering what she had suffered before on that account. However, she thought, then I did it in my own strength; now I will do it in the strength of God. She did so; threw away her snuff-box, and abstained from it ever after, and never suffered the slightest inconvenience in consequence.

A very intelligent physician has just now favoured me with the following, which is nearly a similar case. "A gentleman who was in the habit of taking snuff very freely, was frequently affected with stomach complaints and difficulty of breathing; attended with great prostration of strength, depression of spirits, and other nervous symptoms. He was, besides, often afflicted with a teasing tickling cough, and inability to utter his words, which to him was a circumstance peculiarly distressing, as he was a public speaker. Several tonic and stomachic medicines were tried, but to very little purpose; at length he was advised to abandon his snuff-box; he did so, and the happiest effects were speedily produced. The free use of his speech, appetite, and easy respiration, were restored; and all his other symptoms soon disappeared.

A near relation of my own, between sixty and seventy years of age, had been a slave to it for nearly forty years. I strongly advised her to leave it off; but she had received the common absurd opinion that she should lose her health, if not her life, in the attempt. I endeavoured to show her that her fears were groundless, and urged the former advice: she thought me undutiful, if not

cruel. I then desisted. In a short time she began to reflect more seriously on the business, and resolved in the strength of God to give it up; she did so, and her health, which had been in a very shattered state for many years, began soon to improve; in a short time she was restored to a state of entire convalescence, and from that till her death, which was about twelve years, enjoyed such a state of mental and corporeal vigour as is unusual to persons of such an advanced age. Many similar cases of reformation among tobacco-consumers I could adduce, did the nature of the pamphlet require it.

To conclude: I am sorry that in writing on this vile subject, I have been obliged to use some words, the places of which I should have been glad to have supplied with others of a more pleasing sound, and more easy to be understood; but as these were the only appropriate terms I could find, my readers will accept this as a sufficient apology for my using them; and those who understand the subject will at once perceive that I could not easily have found terms less offensive and less difficult.

Some of the most disagreeable things relative to the practice, against which I have been writing, are still *behind the curtain*; and designedly detained there: and it is *there alone* where I wish every persevering smoker to seek for a certain vessel named the spitting dish, which, to the abuse of all good-breeding, and the insult of all delicate feeling, is frequently introduced into public company. May they and their implements, while engaged in this abominable work, be ever kept *out of sight*!

From the title of this dissertation, it may be supposed that I should have spoken of the use of tobacco as an article of commerce; producing a very extensive annual revenue to the state. Most heartily I wish the state and its governors unceasing prosperity; but am sorry that any thing should become an important object of finance which is prejudicial to the health of his Majesty's subjects. That the revenue arising from it is great, the preceding pages have sufficiently proved; and as the imports and consumption are increasingly extravagant, the duties must rise in proportion. But in the end, it is to be feared that the use of it will not greatly promote the true interest of the nation. The king's glory and safety consist not less in the strength and energy of his subjects than in their multitude. However, I will leave its importance as an article of commerce to the financiers, and neither trouble myself nor my readers any farther at present on the subject.

I shall save myself the trouble of making a formal conclusion, by adopting that which our noble king James finishes his piece, entitled, "A Counterblast to Tobacco;" where, speaking of its common use, he characterizes it as, "a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black stinking fume thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless."—*Counterblast*, 4to, London, printed by Barker and Bill, 1616; in the frontispiece to which the reader may see the tobacco-smoker's coat-of-arms, consisting of a blackamore's head, cross pipes, cross leg bones, death heads, &c., curiously and scientifically disposed.

